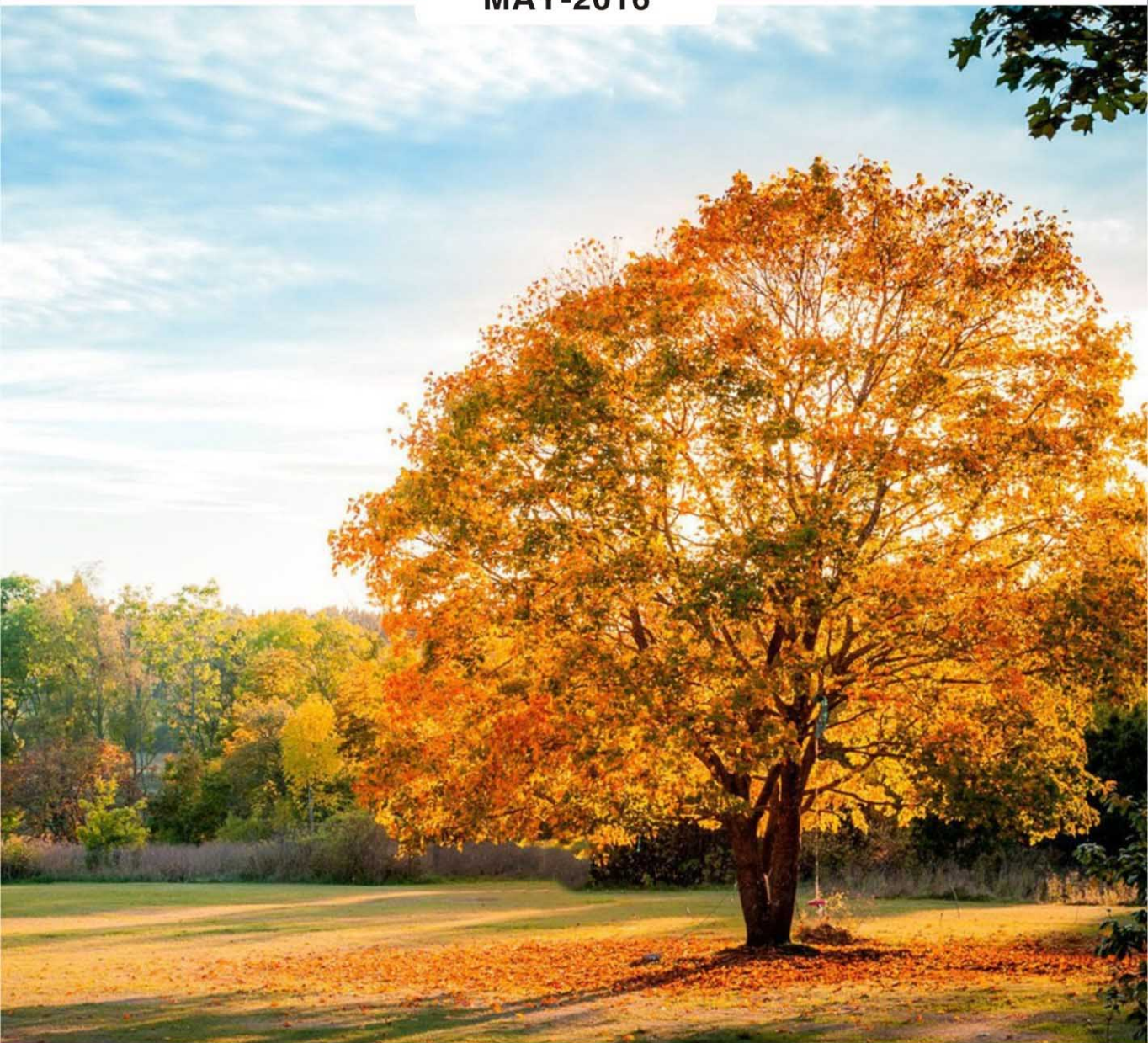


DERAWAL PATRIKA

— डेरावाल पत्रिका —

MAY-2016



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DERAWAL PATRIKA

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लेखक के विचारों से सम्पादक का सहमत होना अनिवार्य नहीं है। रचनाओं में अभिव्यक्त विचार लेखकों के अपने हैं। उन पर सम्पादक मण्डल का सहमत होना आवश्यक नहीं है। इन विचारों पर किसी प्रकार के आक्षेप का दायित्व भी लेखकों का ही है।
— सम्पादक



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- ☞ Tarsal Tunnel Syndrome
- ☞ Flat Foot, High Arch Foot

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Mon., Wed. & Friday

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MEDICAL CHECKUP

10:00 am to 1 : 30 pm
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Editorial

Tu Janta Nahin Main Kaun Hoon!



Surely we are passing through the worst situation in so far as the law and order status in the country is concerned. The number of cases of road-rage, murder and crime against women (I do not need to specify) has increased manifold. Earlier such cases were reported largely from the metropolitan cities but now these are not only limited to the Capital cities but have spread all around the nation like an epidemic. For us Indians, community caste and money have become more important than the law of the land. Where have the golden teachings of our Indian culture and ethics have disappeared altogether? Obviously, nothing matters these days more but the attempt to accumulate wealth and more wealth. We are as such passing through a phase of money-worship. Wealth is now above every thing including rules, regulations, laws as also the human values. We are rightly in the era of so called "Kal Yug" in which there is hardly any punishment for the crimes. Criminals under going Jail sentences and life-term punishment are permitted to attend social functions shamelessly. Those facing charges of murder win elections and can become Ministers and legislatures who are considered responsible for making laws for the nation. Things have deteriorated to an extent that ward boys and drivers in hospitals even in Capital cities are reported functioning as surgeons and their actions are duly defended by the Hospital Heads and the powers that be. What an alarming situation we are landing at?

Indians as a matter of routine have forgotten to follow the rules. We are tending to become rude, indisciplined and ill-mannered. A few weeks back a famous personality created a scene by abusing the Security Guard who rightly performed his duty by stopping him and the group accompanying from entering the cricket stadium after the prescribed timings. This attitude is getting wide-spread in all sorts of politicians, bureaucrats, their kins and even distant relatives. Jessica Lal case is not the only one such case which reminds of the result of such behavioural outrage. There is an interesting episode narrated by a Police Officer who recently challaned a lady car driver for speeding. Reluctant to admit the violation she told the Police Officer that she knows the Joint Commissioner of Police and curiously the officer himself happened to be the named Joint Police Commissioner. I happen to know a case of a Central Cabinet Minister rewarding an honest Security Guard who asked for the Minister's Identity Card while entering office building while the personal staff accompanying insisted on punishment for the Guard. There is yet another interesting incidence about the Bombay Commissioner (an ICS Officer) decades back, when he rang up the Traffic Police giving the number of the car being driven by a driver who had no driving licence. The order was obeyed and the driver happened to be the wife of the Commissioner himself. One can surely solute such honest officers of good olden days. Such stories are numerous.

The moral of such stories is that there is nothing wrong with the rules & regulations. It is the implementation of the rules which we tend to make faulty and slippery. We must punish not only the guilty but also those responsible for their failure to apply the rules strictly. This is the only right course open to us to bring about the change and cleanse the sickening atmosphere around us. Confiscating black money is surely a better option than to imposing and collecting tax on the declaration of such money. This is where the rut begins. We have to shed the "Janta Nahin Kaun Hoon" approach.

MERA BHARAT MAHAAN

– EDITOR

THOUGHT OF THE MONTH

"They say it's better to be poor and happy than to be rich and miserable. But couldn't some compromise be worked out, like being moderately wealthy and just a little moody"?

– JOHN HENRY

CELEBRATION LIFE'S EVERY MOMENT

Why do you want to change your
daughter-in-law?
just change yourself, not others
The world will change in your favour
Be always with positive genuine
young people
avoid negative relatives and people!

Instead of expecting people to like you,
focus on earning their trust, faith and
respect!
Life's journey is beautiful, full of joy
and ecstasy!

Change your '**attitude**' your 'genes'
will change
mind it '**Genes**' don't do anything on
their own!

In this 21st century your 'diseases'
can be treated through '**spiritual
healing**'
spiritual healing is Not GOD.
yet it is reliance on the '**Higher Power**'
Many people in this world are
experiencing healing spontaneously
There's a '**greater mind**' that is in
incharge of every life!

whose 'love for life' is more than
my 'love for life'
Why can't you experience this
'Wonderful Healing'?

Love thy self
Love your surroundings
Create positivity around your.
negativity will run away!
If you want darkness to go just burn
a lamp
darkness will run away!

The best of healers are
'Good Cheer', 'Laughter' and
'Humour'.....

Your positive thoughts are like 'rain
clouds;
Watch them, they will quench
the thirst of barren earth!

Your ego and anger are nothing but
'i'-ness inflated to your being
occupying much space of your divine
inner-being
Get rid from both at the earliest!

Why to worry for making a mistake
never '**turture**' yourself
Look at it objectively, except
responsibility
And resolve NOT to make that again!

'Power of Love' is greater than the
'Love of Power'
often it doesn't seem that way
Leave the 'Love of Power' to the
politicians

**Touch people with love and wormth,
our lives matter a lot!**

Life is a toss between 'values vs
wealth'
choice is yours

**'Laughter is a powerful tool for
longevity'**

Ultimately the life which we've is the
valid proof of God's love and grace
His benevllence is always with us
We can rejoice His Grace by
celebrating life's every moment!

— Ms. Ritu Gogia

GO NUTS THE RIGHT WAY

Get your dose of quality protein and heart-healthy fats with the right portion of the right nuts. Crunch time will never be this much fun

There are very few people who don't like nuts of any kind. But there are too many myths surrounding this super healthy food. Sure, most nuts are calorific, but they cause trouble only if you eat too many of them. In the right portions, they are an essential part of a healthy, balanced diet as they provide good quality protein and good fats that actually help your heart's health.

Of course, it pays to be careful because their delicious crunchiness makes it very easy to overeat them. So what is the right portion? It's very simple : an ounce a day of a mix of at least two types of nuts. This will give you approximately 150-180 calories and 5-7 grams protein.

Nuts make a perfect snack. They are rich in both protein and fibre, so they keep you full for longer. Plus they help cut cravings and so they are any weight-watcher's friend. Studies have shown that nuts help boost metabolism and that nut eaters tend to weight less. Clearly, eating nuts is a definitive 'Stay Thin Habit' for everyone to inculcate.

ALMONDS

Good to know : Almonds are a great source of trace minerals like copper (essential for nerve function and immunity), and manganese (essential for blood clotting and healthy bones). They are good for diabetics too, as they assist in blood sugar control and also have loads of magnesium that most diabetics tend to be deficient in. Magnesium also has the effect of lowering blood pressure.

Bonus : The vitamin E in almonds helps your heart and also keeps the collagen fibre in your skin intact, thus



preventing wrinkling and other signs of ageing. This is the simplest anti-ageing technique of all!

Best way to have : There is no right or wrong way of eating almonds. Have them both ways: soaked as well as straight from the packet.

Another way to have : Almond flour.

PISTACHIOS

Good to know : Pistachios are rich in the antioxidant gamma-tocopherol, a form of cancer-fighting vitamin E, and are an excellent source of phytosterols – plant compounds



that help lower levels of bad cholesterol. They also contain cancer-fighting antioxidants, particularly the carotenoids beta-carotene and lutein (which gives the kernel its colour).

Bonus : They deliver vitamin B6, a mood lifting vitamin. Plus they contain more potassium than other nuts, which can lower levels of the stress hormone cortisol. That's why you feel happy eating them.

Best way to have : Just shell them and eat.

Another way to have : They go well with desserts, so sprinkle on mango kulfi, kheer, and even lassi.

WALNUTS :



Good to know: Walnuts are loaded with good fat. They are also one of the very few vegetarian food sources of Alpha Linolenic acid, which helps prevent disorders like heart disease

and diabetes and keeps your brain active, memory intact and Alzheimer's away. Walnuts are also rich in a form of vitamin E which is important to keep your heart ticking and cancer away.

Bonus : Walnuts increase melatonin, a hormone that regulates sleep in the body. **Best way to have:** Begin your day with them - just pop a few into your mouth, or dice them and add to your cereals and fruit. Or team them with

a few raisins or anjeer to make a delightful chewy after meal bite.

Another way to have : There is no loss of nutrients when they are toasted. So try walnut pudding.

PEANUTS

Good to know : The amount of good monosaturated fats in peanuts is



comparable to almonds. In fact everything else is comparable too—calories, protein and fats. Also, the cholesterol-lowering effects of peanuts are well reported. FYI: peanuts also contain oleic acid, the

healthful fat that olive oil is famous for, at a much lower cost. And these humble nuts are loaded in resveratrol, a powerful antioxidant that helps reduce the risk of cancer and cardiovascular disease. **Bonus:** Peanuts have even higher antioxidant content than some fruits.

Bonus : Peanuts have even higher antioxidant content than some fruits.

Best way to have : Unsalted and dry-roasted. Avoid peanuts coated with a sweet or salty glaze.

Another way to have : As peanut butter.

CASHEWS :



Good to know:

Though cashew nuts tend to be higher in calories than other nuts, around half their fat is of the heart-healthy, monounsaturated kind. Plus cashews are particularly rich

in iron and zinc and magnesium.

Bonus : Cashews also hold a small amount of an antioxidant which boosts

your eyes' ability to filter the sun's UV rays and thus helps prevent age-related macular degeneration.

Best way to have: Sprinkle chopped nuts four or five times a week on cereal, yoghurt, salads, vegetables, chicken or fish, pastas, stir-fries, or cream soups. Or put in soups and in whole grain cookies.

Another way to have: Make cashew nut milk. Put nuts in a blender with some water, and a sweetener (maybe honey) and maybe a little vanilla, blend well. It is delicious.

Courtesy : **Ms. Kavita Devgan**

OBITUARY

1. **SMT. SEEMA MAKHIJA** W/o Late Sh. Sudhir Makhija R/o Mansarover Garden, New Delhi-110015, heavenly abode on 22.04.2016
2. **SH. NARESH LAMBA** Elder brother of Nigam Parshad Sh. Raj Kumar Lamba, heavenly abode on 17.04.2016.

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Eat right during a long flight to lesson discomfort

In-flight meals don't have to be unhealthy and boring. Here's how to choose wisely

It's vacation time, and you may have already booked your airline tickets to a foreign destination. But for many of us, a long flight becomes even more tiresome due to the food offered on it. It's not just the jet-lag that's annoying, long flights make us prone to an upset stomach, dehydration and muscle cramps. We believe that a good vacation starts with a happy flight. So, here's helping you make healthy choices when travelling by air.

1) Beat the mid-air bloat: Avoid the gas giants — foods that have a tendency to produce gas, like broccoli, beans, fried foods and dairy products, as they take longer to digest. Also avoid dry fruits, as they contain sodium, which causes water retention leading to dehydration. The other reason which leads to a bloated stomach is the high altitude, due to which gastrointestinal gases tend to expand more, leading to acidity and bloating. To deal with this, carry your own small meals such as a light cucumber sandwich or fruits such as bananas and berries, which are high in fibre content. Yoghurt is a must during flights as it's a natural probiotic that boosts stomach immunity and prevents stomach infections. Also, avoid overeating. It's easier to deal with jet-leg on an empty stomach..

2) Drinking conundrum: Because of the high altitude, most of us tend to be dehydrated during the flight. It goes

without saying that one needs to constantly drink water in that case. However, the biggest mistake people make during the flight is to opt for caffeine, carbonated beverages and milk. Caffeine tends to dehydrate and could hamper your sleep cycle by keeping you awake. Always choose tea over coffee, or just carry your own tea bags. Chamomile tea is known to be a stomach and body relaxer. Carbonated beverages and milk again can cause gas.

Opt for lime water, since vitamin C helps boost immunity. As for alcohol, it may be sleep-inducing but it will ruin your natural sleep cycle. It also causes dehydration and fatigue once you wake up.

3) Move around: Due to the cramped nature, high altitude and low pressure of the flights, one is prone to muscle cramps, headaches and anxiety. So, stay active, and don't sit throughout the flight. Every one hour, walk around or just stand. It'll help you calm down, while also relieving you of gas.

DID YOU KNOW THAT THE ALTITUDE TENDS TO NUMB OUR TASTE BUDS?

The plane noise always tends to suppress our sweet taste buds, and enhances those taste buds which recognize Umami — a taste sensation which is produced when consuming high protein foods such as meat and fish. Hence, meat and fish are a popular in-flight food choice.

Courtesy : **ABHINAV SHARMA**

6 tips to avoid food poisoning

Food poisoning is a common problem in summer. Here are some tips to ensure that you keep ill-health at bay, for raw meat and fish, and another for cooked foods and clean vegetables. Once foods are cooked. Don't reuse the same utensils to carry raw ingredients.

KEEP HANDS CLEAN :

Hands should be washed with soap and water before and during food preparation. If that's not possible, use an antibacterial wipe, gel or solution.

GET LEFTOVERS STRAIGHT IN THE FRIDGE :

Don't keep any cooked foods or dishes at room temperature for more than two hours before putting them in the fridge.

KEEP FRIDGES CLEAN :

If foods spill inside the fridge, clean them up immediately with a suitable detergent. Fridges should be cleaned fully as often as necessary and at least once a year.

USE SEPARATE CHOPPING BOARDS :

Keep one chopping board for raw meat and fish, and another for cooked foods and clean vegetables. Once foods are cooked, don't reuse the same dishes or utensils to carry or handle raw ingredients.

DON'T KEEP READY-TO-EAT DISHES TOO LONG :

Recommendations suggest that pre-prepared deli products, ready-to-eat dishes, cream-based cakes or highly perishable foods that aren't pre-wrapped and which don't have a use-by date should be kept for no more than three days. Retailers should be able to provide more specific guidelines.

AVOID RAW FOODS :

Children, pregnant women and people with weakened immune systems are strongly advised to avoid raw meat and fish (carpaccio, ceviche, sushi, etc.) and unpasteurized dairy products. Freezing fish for seven days is an effective way of killing parasites (such as Anisakis). With fresh produce, check the label before freezing to avoid refreezing products that have already thawed.

Courtesy : **Relax News**



ALL INDIA DERAawal SAHAYAK SABHA (REGD.)

Wishes

**A VERY HAPPY & PROSPEROUS BIRTHDAY
TO FOLLOWING DERAawal LIFE MEMBERS**

FOR THE MONTH OF MAY

Sh. Sukh Dev Gogia	01st June	Sh. Ram Sethi	20th June
Sh. C.B. Arora	12th June	Sh. Girish Mehta	22nd June
Sh. Kanwal Nain Nagpal	15th June	Sh. D. Hasija	27th June
Sh. S.P. Bhutani	15th June	Sh. Iswar Chand Khera	29th June
Sh. Ram Saran Bhatia	18th June	Sh. Amir Chand	30th June
Sh. Umesh Khera	18th June		

आजीवन सदस्यता (LIFE MEMBERSHIP)

बहुत समय से चल रहे अनुरोध पर ऑल इण्डिया डेरावाल सहायक सभा (रजि.) कीर्तिनगर ने आजीवन सदस्यता देने का निश्चय किया है, जो पहले से ही सामान्य सदस्य हैं वह सिर्फ 2100 रुपये देकर आजीवन सदस्यता प्राप्त कर सकते हैं। जिन व्यक्तियों की उम्र 80 वर्ष से अधिक है वह सिर्फ फार्म भर कर दें उनसे कोई सदस्य शुल्क नहीं लिया जायेगा। सभा उन सब लोगों से अनुरोध करती है जो अभी तक सदस्य नहीं हैं खासकर Young Generation से वह भी बिरादरी से जुड़ें और आजीवन सदस्यता प्राप्त करें और अपनी बिरादरी की सेवा करें।

यहां पर हम उन सदस्यों से भी अनुरोध करते हैं जिनकी वार्षिक सदस्यता किन्हीं कारणों से जमा नहीं हो पायी। वह नीचे लिखे फोन पर श्री विनोद सेठी, मैनेजर - डेरावाल भवन, कीर्ति नगर, नई दिल्ली - 110015 (फोन 2593 613 2, 9250810522) पर बात करके जमा करने का कष्ट करें।

- सुरेन्द्र बुद्धिराजा, सचिव

9810254630

THE DIVINE FORCES SHOWER ECSTASY AND HAPPINESS

Your educational qualifications are your privileges, but no one knows the struggles and trials, I had faced to bring out my first book published. I have learnt the ropes the hard ways too, like others do! But with pride I emphasize I use my competence over my clout, to shape my life!

Struggles are part of our life and writing a book and then getting it published is a way beyond a whim and fancy. Yet in life we see people who just put-in no hard work yet the destiny does everything!

After, I finished my work during 7 years of my continuous enormous write-ups, I was so confident. I know how much. I had struggled and suffered in the beginning since partition and came a bit within life.

I am convinced in life, no matter who you're and where you're... struggles will always be a part of the journey. Even the great men of the world had to struggle to sustain their position and power!

I know, my back-ground of a rich 40 years' of college students teaching, I'll never let it go to my head, I still consider myself a poorman's son and belonging to middle-class. Even today, while leaving a room I turn off the light and teach my youngers the same values. God has bestowed upon me everything but I don't take anything for granted! I didn't become a writer overnight I did step-in one day and said to myself, "Oh I want to write a book, let do it!"

I have worked very diligently and work

hard and trained myself for years. Even my wife was not co-operating while I was with my pen and paper sitting in the wee hours of morning in the lush green lawn of my home in its scenic beauty. I always feel very nostalgic to write at. She kept discouraging me for few years. While on the other hand, I kept convincing her! I used to write many articles for periodicals and magazines that I received good money and thus won her confidence a bit. She's a critical observer and a very protective brand. She would not let me do anything on my whims and fancies if it ruins the family budget!

No one has seen my struggle I have worked hard for years to reach her. I come from a conservative middle class Punjabi family who migrated from 'Khanewal' Pak in the turmoil of 1947 partition of India. My destiny, my turmoil and hard work brought me to this industry? Writing and publishing your work is a tough thing it's like being in a war zone! I had to believe in my own talents and hard work. Also, I work from the wee-hours of morning at 'brahmmahurat' till late. No rest or sleep in between!

After all life is a celebration :

It's your life, Life has been given be the almighty but to perceive and to make choice about happiness is yours. Why to wait desperately for months and months, years and years for those splendid moments of happiness. Happiness is now,

NEVER in the future. There's no such word as 'Future Happiness' Happiness lies in celebrating the smaller joys of day-to-day life moments!

Sri Sri Paramhans Yoganand said :
"Live each present moment completely and the future will take care of itself. Fully enjoy the wonder and beauty of each instant."

I have seen some old men spending their whole life-time in the hope of building their own house or experiencing staggering joy. But the destiny at the end, at this matured age denies happiness. They did dreamt happiness to be distantly encapsulate in an idealized future! And that never comes in their life time!

Every joy follows sorrow and every sorrow follows joy. Nothing is constant the things are in a flux state; in dynamic movements. Then why not to find joy in sorrow? Definitely the 'attitude' of the mind has to find. This is not dependent on ideal causes or external circumstances! To be ecstatic always is a matter of inner joy, warmth and state of mind!

Most of us say emphatically, "I'll be happy if this problem is resolved!" Is it a condition to be happy? Happiness is never a conditioned happiness." Happiness is now or never! Next a very agonizing aspect of our happiness is we've ridiculously equated this with enormous amount of money, luxurious life style, car, property and business etc. and its big grand and larger than life entities.

May be temporary excitements, relief,

yet they all are short-lived achievements but NOT HAPPINESS. A research done at the Psychological Science Laboratory all Toronot found". **Big money impairs the ability of people to savour, which paradoxically tends to make them insensitive, depressed in the long term, how to protect or use it."**

In the present scenario, people are in wrong notion that they'll earn happiness is totally erroneous! The crooked ones feel happy by fraudulently seizing the rightful share of their family members by duping them at one pretext or the other. Even the unearned ancestral properties acquired, end in huge litigations after one generation! Maharani Gyatri Devi is a living example of such turmoil in recent history.

Where is the Solution ?

This can be done easily be opening to themselves, emotionally to abundant goodness, honesty, integrity and character! The divinity sets-in! The divine forces shower their abundance joy ad ecstasy?

The inner light of sun of divine laughter will manifest within and its radiance will be dissolved. You have ever come your sense of hedonism and separateness to get yourself connected to the cosmos and experience the bliss in all its manifestations! The deprived ones will get their share. The joy is multiplied by all concerned!

—Prof. Sudesh Gogia

JYOT YATRA-2016

Keeping the tradition of a trip to the Holy city of Haridwar for the AARTI of MAA GANGA, our Sabha organised this year also a trip to Haridwar. For the convenience of pilgrims, two Air conditioned buses were arranged. The buses started from Derawal Bhavan at 10.30 PM on Friday, 29th April 2016 and reached Haridwar around 5.00 AM on 30th April 2016. On arrival at Haridwar, the Yatris were welcomed by Shri Jeevan Mehta, Manager, Derawal Bhavan, Haridwar, Shri Surinder Budhiraja, our Secretary, Shri Sethi, Manager, Derawal Bhavan, New Delhi and Shri Subhash Gogiani. Stay arrangement in our Dharamshala as well as in an adjoining Dharamshala were made where were very much appreciated by everyone.

Besides buses, many derawal brethren reached Haridwar, by their own conveyance It was a matter of great pleasure that Derawals not only from Delhi, but from adjoining States and even from Amritsar and Chandigarh also reached Haridwar for Jyot Procession. Among the dignitaries present were our valued donor Shri Chander Mohan Khanna, Sabha's Chairman, Chief Patron, Patrons, President etc. Bed tea with Biscuits and tasty Rusks were served followed by delicious breakfast. Thereafter all the pilgrims went for taking holy dip in the Ganges. This being the time of MAHA KUMBH, the pilgrims enjoyed the sacred dip. Tasty & delicious lunch was provided by the Sabha with Namkeen and Meethi Lassi which gave a very cooling effect in this scorching summer.

A small get-together was arranged around 4.00 PM. Staff of Derawal Bhavan, Haridwar were honoured for hard work and sincerity. Shri M.M. Mehta, our Chairman thanked all the pilgrims and making the JYOT PROCESSION successful every year. He also thanked the donors for their generous donations for the renovations and improvements done at Derawal Dharamshala at Haridwar, which had all praise for best living conditions, hygiene and

was rated among the top Dharamshala for the yatris coming and staying in our Dharamshala. He informed about the successful charitable health care services being provided at Derawal Bhavan, New Delhi which was a result of honorary services being rendered by various seniors of the Sabha as well as generosity of donors.

Pt. Mahesh Sharma and Panditji of Haridwar Dharamshala performed Puja & the Jyot Procession started with Band-Baja and our traditional Dandiya (Chhej). All the participants went from Dharmshala to Har Ki Pauri, happily dancing all the way. After Puja at Har Ki Pauri, the Jyot was submerged in the holy water of Maa Ganga. All the participants enjoyed GANGA AARTI and returned.

Dinner was served. Additional attraction this year was Karahi Milk with Malai after the dinner – courtesy of special milk were Shri M.M. Mehta & Sh. Ravi Khera. After the dinner, a mini Executive Committee Meeting of the Sabha was held in which decisions for further improvement in the Dharamshala at Haridwar were taken. Next morning, Derawali Kachauris with Halwa were served in Breakfast and packed lunch was provided for the bus passengers for their return journey. The buses started back and reached Derawal Bhavan Kirti Nagar around 8.00 PM on 1st May, 2016.

Our young brigade deserves appreciation and thanks for their services and all round co-operation rendered by them in making the Jyot Yatra a grand success, in particular Shri Cholesh Sharma, Shri Naresh Minocha and Shri Manish Nagpaul. The Sabha also thanks sincere efforts by S/Shri Surinder Budhiraja, Vinod Sethi & Subhash Gogiani for going in advance party & making this Yatra successful. Shri Yogesh Bhutani and his team also deserves thanks for preparing tasty and delicious food.

Thanks to all the participants and wish that you join us for MAA GANGA AARTI in the years to come.

VIJAY HURIA
Sr. Vice President

SURINDER BUDHIRAJA
Secretary

GLIMPSES OF JYOT PROCESSION GANGA MAI KI AARTI AT HARIDWAR, DURING THE MONTH OF APRIL 2016



GLIMPSES OF JYOT PROCESSION.....



GLIMPSES OF JYOT PROCESSION.....



GLIMPSES OF JYOT PROCESSION.....



Remembrances in Everlasting and
LOVING MEMORY of our beloved
PITA JI



24.09.1924 — 24.05.2011

LATE SHRI RADHEY SHAM DHINGRA

Founder Member of :

All India Derawal Sahayak Sabha (Regd.)

Your presence & Blessing will always be with us

Deeply missed and fondly remembered by :

LAJWANTI DHINGRA

Inder - Kiran Dhingra

Hitesh - Jyoti Dhingra

Tanya

Vimal - Ritu Makhija

Ravi - Preeti Rajput

Aman, Ayush & Naman



DERAWAL SEWA SANGH

Donations Received April, 2016

No.	Name	Rs.	No.	Name	Rs.
1.	Dr. Rahul Mehta (U.S.A.)	100/-	19.	Sh. Girish Mehta	200/-
2.	Aryav Mehta (U.S.A.)	100/-	20.	Sh. Harish Chawla	200/-
3.	Smt. Dimple Nangia (U.S.A.)	100/-	21.	Sh. Madan Mehta	200/-
4.	Sh. K.N. Nagpal	200/-	22.	Sh. Pankaj Mehta	200/-
5.	Sh. M.L. Bhutani	100/-	23.	Sh. Pardeep Kalra	200/-
6.	Smt. Laj Dhingra	200/-	24.	Sh. R.P. Mehta	200/-
7.	Sh. I.C. Khera	100/-	25.	Sh. Rajeev Mehta	200/-
8.	Sh. D.P. Minocha	100/-	26.	Sh. Rahul Kapoor	200/-
9.	Sh. Mohit Ahuja (In memory of his father Sh. Ramesh Ahuja)	250/-	27.	Sh. Rajinder Mehta	200/-
10.	Sh. Ravinder Budhiraja	100/-	28.	Sh. Rakesh Ahuja	200/-
11.	M/s. Krishan Caterers	100/-	29.	Sh. Ravi Kapoor	200/-
12.	Sh. Ved Prakash Kathuria	500/-	30.	Sh. Ravi Khera	200/-
13.	Sh. P.S. Nagia (In memory of his father Sh. D.R. Nagia)	1500/-	31.	Sh. Sandeep Mehta	200/-
14.	Sh. Anil Ahuja	200/-	32.	Sh. Sanjay Mehta	200/-
15.	Sh. Anuj Mehta	200/-	33.	Sh. S.K. Mehta	200/-
16.	Sh. Davinder Nasa	200/-	34.	Sh. Vivek Khera	200/-
17.	Sh. D.V. Bhutani	200/-	35.	Smt. Bindu Kapoor	200/-
18.	Sh. Gaurav Khera	200/-	36.	Smt. Mona Singhal	200/-

नेत्रदान - महादान

अगर आप नेत्रदान, देहदान, अंगदान के बारे में किसी भी प्रकार की जानकारी व सहायता चाहते हैं या आप नियमित रक्तदाता बनना चाहते हैं तो हमसे सम्पर्क कर सकते हैं।



मियांवाली वॉलन्टरी ब्लड डोनर्स एसोसिएशन

11 - डी, एस.एफ.एस., पॉकेट - बी, विकासपुरी एक्सटेंशन, नई दिल्ली - 110018

दूरभाष : 25998970

संस्थापक अध्यक्ष : अशोक आहूजा - 9555722489



ALL INDIA DERAWAL SAHAYAK SABHA (REGD.)

DONATIONS RECEIVED - APRIL, 2016

No.	Name	Rs.	No.	Name	Rs.
DONATIONS :					
38002	Sh. Suresh Kumar Nangia	11000/-	38023	Sh. Ramesh Kukreja	200/-
38003	Seth Ayaram T.C. Nangia Trust	25000/-	38031	Sh. Bhuvnesh Chibber	200/-
38004	Mrs. Rakhi Mehta	11000/-	DONATION METROMONIAL :		
38005	Mrs. Vinod Ahuja	11000/-	38021		250/-
38006	Mrs. M. Mehta	3000/-	Donation Received in HARIDWAR JYOT YATRA		
38007	Gupt Daan	5000/-	(on 29.04.2016 to 01.05.2016)		
38008	Sh. A.S. Chaudhary	5100/-	38037	Sh. C.B. Arora	1100/-
38009	Smt. Anita Minocha	11000/-	38038	Sh. Anil Chawla	1100/-
38012	M/s. Krishan Caterers	5000/-	38039	Smt. Sarla Ahuja	300/-
38018	Sh. Mohit Ahuja	250/-	38040	Smt. Prabha Chawla	2100/-
	(in memory of his father SH. Ramesh Ahuja)		38041	Sh. C.D. Bangia	1100/-
38025	Sh. Dev Raj Taneja	250/-	38042	Sh. P.L. Bhatia	1100/-
38028	Sh. P.S. Nangia	1500/-	38044	Sh. Ravinder Budhiraja	500/-
DISPENSARY COLLECTION :					
38010		5500/-	38045	Sh. Charanjit Bhutani	500/-
38017		6000/-	38046	Sh. S.K. Grover	500/-
38022		5500/-	38047	Sh. Vijay Kumar	1100/-
38024		5500/-	38048	Derwal Shiv Samiti Jang Pura	2100/-
38029		6000/-	38049	Smt. Kunti Devi	1100/-
38029		6000/-	38050	Sh. Mahinder Ahuja	1100/-
37335	Smt. Vishan Devi	50/-	38051	Sh. B.R. Pulyani	500/-
37338	Miss Muskan	100/-	38052	Sh. B.S. Kohli	500/-
37339	Miss Stuti Lal	100/-	38053	Sh. Vijay Kumar	500/-
37340	Sh. Ved prakash Kathuria	500/-	38054	Sh. R.P. Bhutani	500/-
37341	M/s. Krishan Caterers	100/-	38055	Sh. C.M. Khanna	500/-
37342	M/s. Madhav Caterers	100/-	38056	Sh. M.M. Chawla	500/-
LIFE MEMBERSHIP :					
38001	Sh. Suresh Kumar Nangia	2100/-	38057	Derwal Shiv Samiti South Delhi	2100/-
38030	Sh. Vikas Sehra	2100/-	38058	Pt. Mahesh Sharma	500/-
PHYSIOTHERAPHY DONATION :					
38011	Sh. Gurudutt Rakhija	1000/-	38059	Gupt Daan	1100/-
PHYSIOTHERAPHY COLLECTION :					
38013		2520/-	38060	Smt. Indu Guglani	1000/-
38020		2820/-	38061	Sh. Ram Swarup Khurana	500/-
38027		3960/-	38063	M/s Krishan Caterers	1100/-
38032		3420/-	38064	Shiv Samiti	1100/-
DENTAL COLLECTION :					
38014		5300/-	38065	Sh. Harish Chhabra	500/-
38019		3150/-	38068	Sh. Kailash Chand Mehta	5000/-
38026		5300/-		(in memory of his wife Smt. Asha Rani Mehta)	
PATRIKA DONATION :					
38015	Sh. Satpal Nangia	200/-	38070	Sh. Ravi Khara	2100/-
38016	Sudesh Gogia	200/-	38074	Sh. Ravi Khara (for Milk)	1200/-
			38081	Sh. Surender Kumar Mehta	2100/-
			38090	Sh. Dharm Vir Bhutani	3100/-
			38092	Sh. M.M. Mehta	2100/-
			38096	Sh. M.M. Mehta (for Milk)	1200/-

—VINOD KUMAR SETHI
Manager



ALL INDIA DERAWAL SAHAYAK SABHA (REGD.)

Derawal Bhawan, F-27 & 28, Kirti Nagar, New Delhi-110015 | Phone : 25936132

FREE MATRIMONIAL SERVICES

Every Saturday & Sunday 11 AM to 2 PM

PROFESSIONALS /PVT. /GOVT. SERVICE GIRL:

1. 30 years (18.03.1986 at 9.15 a.m., Delhi), Height : 5'-3", B.Com, MBA, Service in MNC as Deputy Manager, Salary Rs. 75,000/- PM, Contact her father Chandra Prakash, Multani (Punjabe) on Tel. : 9968076200.



ANSHIK MANGLIK GIRL :

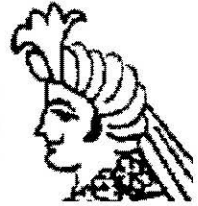
2. 31 years (20.09.1984 at 2.00 p.m., Rohtak), Height : 5'-5", M.Com (regular) + Computer Course, Tuition at home, Earning Rs.6-7 thousand PM, Contact her father Mr. S. S. Sapra, Tel. : 9899144177.

DIVORCEE GIRL :

3. 39 (+) years (27.10.1976 at 9.15 a.m., Gurgaon), Height : 5'-1", MA, B.Ed. Teacher in Municipal Corporation Delhi, Salary Rs. 60,000/- PM, Contact her father Mr. J.L. Kapoor on Tel. : 9873735900.

PROFESSIONALS /PVT. /GOVT. SERVICE BOY:

1. 32 years (30.07.1983 at 10.45 a.m, Delhi), Height : 5'-8", 12th Pass, Business "Mobile Shop" in Jungpura, New Delhi, Earning Rs. 7 Lac P.A., Contact his father Mr. M.K. Tanjea, Tel. : 011-24376432, 8586847373.
2. 44 years + (11.12.1971 at 5.00 p.m., Delhi), Height- 5'-8", B.Sc., B.Ed., Shop Keeper, Income not fixed, Contact his mother Mrs. Santosh Kumari Arora on Tel. : 9268673374
3. 29 years(+) (20.07.1986 at 11.45 p.m., Delhi), Height : 5'-8", B.Com, Office Management, Asstt. to Director GMR Airport, Salary 6 Lac PA, Contact his father Mr. Narinder Malik, Tel. : 25782860, 9868710773.
4. 30 years(+) (08.02.1986 at 04.20 p.m., Ghaziabad), Height : 6', B.Tech. (Com. Sc.), Service in Noida, Earning Rs.85,000/- PM, Contact his father Mr. Kailash Chandra Mehta on Tel. : 0120-410277, 9818601310.
5. 26 years (12.09.1989 at 04 p.m., Gurgaon), Height : 5'-9", B.Sc. Animation + V.Fx. Direct at MYR Packers Moovers Pvt. Ltd., Salary four figure, Contact his father Mr. Kamal Kathuria Tel. : 9990078739, 9811208739
6. 31 years (30.07.1986 at 3.05 a.m., Delhi), Height : 5'-11", 12th Pass Pvt. Service, Salary Rs. 18,000/- PM, Contact his father Mr. S.K. Sehgal, Tel. : 9910668582.
7. 32 years (22.09.1983 at 4.40 p.m.), Height : 5'-8", Fair, P.G. Diploma, Business, Income 1.25 Lakh, Own house in Ramesh Nagar, Father demise, Contact mother Smt. Gopi Kathuria, Tel. : 9718189330, 9818766777



- M.L. Bhutani
- Y.K. Bhutani

The Great Magician

MAHINDER BUDHIRAJA

Vice District Governor,

Alliance Clubs International, District 139

Region Chairperson (2015-16) :

– LIONS CLUB INTERNATIONAL (Distt. 321-A3)

President :

– DELHI PRINTER'S CLUB

Gen. Secretary :

– THE INDIAN BROTHERHOOD OF MAGICIANS (Regd.)

– ALL INDIA ANTI CORRUPTION MORCHA (Regd.)

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- ABM EVENTS



F-75, KIRTI NAGAR , NEW DELHI-15 Tel. : 41425446, (M) : 9312241788, E-mail : info.budhiraja@gmail.com

शुभ कामनाओं सहित दूरभाष : 2593 6132

रिश्ते ही रिश्ते



विवाह सम्बन्धी सेवा के लिए सम्पर्क करें :

M.L. BHUTANI & Y.K. BHUTANI

“डेरावाल भवन”

एफ – 27 एवं 28, कीर्ति नगर, नई दिल्ली – 110015

प्रत्येक शनिवार व रविवार प्रातः 11 बजे से दोपहर 2 बजे

एवं सोमवार, बुधवार, शुक्रवार सायं 4 से 5 बजे तक

DERAWAL SAHAYAK SAMITI (REGD.) SOUTH DELHI

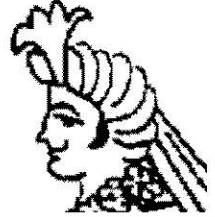
1st Floor, Prachin Shiv Shakti Mandir, Opp. Lodhi Hotel, Nizamuddin, New Delhi-110013

FREE MATRIMONIAL SERVICES

Every Saturday & Sunday 11 AM to 2 PM

PROFESSIONALS /PVT. /GOVT. SERVICE BOY :

01. 31(+) years (17.08.84, 08.10 PM, Delhi), Height 5'-10", Fair, Athletic Body, M.B.A., B.GM (H), Using Specs, Jhung Family Boy, Working as a Manager with GENPACT at Gurgaon, Earning Rs. 15.40 Lac PA, Contact his father Sh. Munish Batra at Ph. : 9811262989, 9654324384, Suitable working girl required.



BUSINESS BOY :

01. 26(+) years (15.12.89, 12.25 am, Delhi), Height 5'-7", Fair, Slim, B.Tech., Dear Ghazi Khan family boy, Running his own printing Press at Okhla, Earning Rs. 80,000/-pm, Contact his father Sh. Vinod Kumar Tuteja at Ph. 9811302854, 26435920, Suitable educated girl required.

DIVORCEE BOY :

01. 44(+) years (12.05.72, Delhi), Height 5'-6", Fair, 12th pass from Convent School, Divorcee, No issue, Doing his own business, Earning above Rs. 20,000/- pm, Contact his father Sh. Krishan Lal at Ph. 0120-2573130, Suitable Girl required.

PROFESSIONALS/PVT. /GOVT. SERVICE / TEACHER GIRL :

01. 26(+) years (28.05.89, 11.15 p.m., Delhi), Height 5'-5", Fair, Medium Built, MBA (HR) regular, Dera Ghazi Khan family girl, Working with Max Life Insurance Co., Earning Rs. 27,000/- pm, Contact her mother Mrs. Sapna Sapra at Ph. : 26025845, Suitable, Good educated boy in Service / business required.
02. 26(+) years (11.11.89, 06.30 p.m., Delhi), Height 5'-4", Wheatish, Slim, Computer Course, Peshawar family girl, Using Specs, Working on contract basis with AISF at Red Fort, Earning Rs. 15,000/- PM, Contact her Father Sh. Gobind Sagar Kohli, at Ph. : 9873819488, 26286481, Suitable boy in service / business required.
03. 27(+) years (28.01.89, 10.53 am, Delhi), Height 5'-3", Fair, Slim, B.Tech., Using contact lenses, Punjab family girl, Working with a MNC at Gurgaon,



Earning Rs. 8.5 Lacs PA, Contact her father Mr. S.K. Arora at Ph. 9212684305, 4509998, Suitable boy in it service required.

04. 27(+) years (31.10.88, 10.10 p.m., Delhi), Height 5'-3", Fair, Slim, Graduate from NIFT, Delhi, Bahawalpur family girl, Self employed as Fashion Stylist, Earning Rs. 1,25,000/- PM, Contact her father Sh. Vinod Kumar Sharma at Ph. 9013459102, Between 7.00 am to 9.00 am and 11.00 am to 9.00 pm, Businessman earning more than Rs. 30.00 Lacs PA would be Preferred. Vinodsharmamlvnr@gmail.com

MANGLIK GIRL :

01. 26(+) years (07.04.90, 12.10 p.m., Delhi), Height 5'-3", Fair, Slim, BCA, MCA, Multan family girl, Manglik, Working in a Pvt. Company, Earning Rs. 2.40 Lacs PA, Contact her father Sh. Narender Butta at Ph. : 9810567717, Suitable boy in service / business required.

—ASHUTOSH SHARMA
9312105617



शुभ कामनाओं सहित



रिश्ते ही रिश्ते



विवाह सम्बन्धी सेवा के लिए सम्पर्क करें :

Prabhu Dayal Satija चेयरमैन (9871053202)	Vasdev Tuteja प्रधान (9899113436)	Ashutosh Sharma महामंत्री (9312105617)
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डेरावाल सहायक समिति (रजि०)



साउथ दिल्ली, पहली मंजिल प्रचीन
शिव शक्ति मंदिर, लोधी होटल के सामने निजामुददीन, नई दिल्ली- 110013

प्रत्येक रविवार प्रातः 11 बजे से दोपहर 2 बजे

अमरूद और आंवला

डाइट में विटामिन 'सी' की मात्रा बढ़ाना जरूरी है। विटामिन 'सी' रोग प्रतिरोधक क्षमता को बढ़ाता है। कई तरह के संक्रमण से भी दूर रखता है। अमरूद व आंवला ऐसे फल हैं, जिनमें विटामिन 'सी' ही नहीं और भी कई पोषक तत्व भरपूर मिलते हैं।



रहता है, जिससे त्वचा ढीली नहीं पड़ती। अमरूद के छिलके व उसकी निचली परत में सबसे अधिक गुदा होता है, इसलिए इसे खाना न भूलें।

अमरूद :

सबसे आसानी से उपलब्ध होने वाला फल है अमरूद। इसमें मोटापा बढ़ाने वाली कैलोरीज़ काफी कम होती है। एक 50 ग्राम के अमरूद में 40 कैलोरी होती है। 'फाइबर' की अधिकता आंतों की सफाई के लिए जरूरी होती है। अमरूद में एस्ट्रिजेंट का होना पेट व आंतों के संक्रमण करने वाले बैक्टीरिया की उत्पत्ति को रोकता है। यह 'एसिडिटी' की समस्या को कम करता है।

1. अमरूद डायबीटीज़ पीड़ितों के लिए भी बहुत फायदेमंद है। यह फल ब्लड शुगर को धीरे-धीरे ग्रहण करता है।

2. अमरूद में विटामिन 'सी' प्रचुरता में होता है। एक औसतन अमरूद में संतरे से चार गुणा अधिक विटामिन 'सी' होता है। विटामिन 'सी' इम्युनिटी यानि 'रोगों से लड़ने की क्षमता' को मज़बूत बनाता है। 'कोलेजन' का संतुलन बना

3. अमरूद में प्राकृतिक 'एंटीऑक्सीडेंट इलाजिक एसिड' होता है, जो कैंसररोधी गुणों से भरपूर है। इसमें 'बी कॉम्प्लेक्स' विटामिन और मैग्नीशियम और तांबा आदि मिनेरल्स भी भरपूर होते हैं। इसमें 'पोटेशियम' भी प्रचुरता में होता है। पेड़ पर पका अमरूद मीठा-कसीला खाने में स्वादिष्ट होता है। इसे बीज सहित पूरा खायें। कैल्शियम कार्बाटड से पका फल मत खाइये। कई प्रकार की विकृतियों को आगमन देता है।

आंवला :

ऋषियों ने इसे अमृत फल माना है विटामिन 'सी' की प्रचुरता के अलावा आंवले का सेवन शरीर की 'आयरन' व 'कैल्शियम' को ग्रहण करने की क्षमता भी बढ़ाता है। ऐसे में आंवले को किशमिश, अखरोट, तिल और डेयरी उत्पादों के साथ खाना फायदा पहुंचाता है।

1. आयुर्वेद में आंवले को कई गुणों के कारण जाना जाता है। पाचन को दुरुस्त करने

के साथ-साथ खांसी में भी राहत देता है। आंवला एल्केलाइन यानि क्षारीय प्रकृति का फल है, ये पेट के रसायनों के स्तर को संतुलित रखता है। आंतों को भी स्वस्थ रखता है।

2. आंवले का सेवन अपच में राहत देता है, लीवर को दुरुस्त रखता है और फेफड़ों व शरीर की सफाई करता है। इससे शरीर की 'रोग प्रतिरोधक क्षमता' बढ़ती है।

3. आंवले का सेवन शरीर में सफेद रक्त कोशिकाओं की संख्या को बढ़ाता है। सफेद रक्त कोशिकाएँ ही शरीर की रोग प्रतिरोधक क्षमता के लिए जिम्मेदार होती है।

4. 'आयरन' और 'केरोटीन' की अधिकता के कारण आंवला बालों व त्वचा के लिए भी फायदेमंद है। इसमें मौजूद 'एंटीऑक्सीडेंट्स'

त्वचा को नुकसान पहुंचाने वाले तत्वों को काबू में रखते हैं। इस फल का सेवन आंखों के लिए भी अच्छा होता है। 'कैरोटीन' की मौजूदगी दृष्टि से जुड़ी नसों को मज़बूती देती है और उम्र के साथ नज़र में आने वाली कमी को रोकती हैं।

5. आंवले में 'क्रोमियम' नामक खनिज होता है, जिसकी जरूरत शरीर को कम मात्रा में होती है, पर यह खनिज शरीरिक प्रक्रियाओं को दुरुस्त रखता है। इसमें 'बीटा ब्लॉकर' होते हैं, जो शरीर में हानिकारक कोलेस्ट्रॉल को कम करते हैं। डायबीटीज़ रोगियों के लिए आंवला अमृत है।

हर रोज एक आंवला जरूर खाएं।

— प्रो. सुदेश गोगिया

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अजवायन गुणधर्म और लाभ

भोजन के बाद यदि छाती में जलन हो तो 1 ग्राम अजवायन और बादाम की 1 गिरी दोनों को खूब चबा-चबा कर या कूट पीस कर खायें।

अजवायन अर्क की 2-2 बूदे पान के बीड़े में लगाकर खायें।

अजवायन 1 भाग, काली मिर्च और सैंधा नमक आधा-आधा भाग, गरम जल के साथ 3-4 ग्राम तक सुबह शाम सेवन करें।

अजवायन 80 ग्राम, सैंधा नमक 40 ग्राम, काली मिर्च 40 ग्राम, काला नमक 40 ग्राम, जवाखार 40 ग्राम, कच्चे पपीते का दूध (पापेन) 10 ग्राम, इन सबको महीन पीस कर कांच के बर्तन में भरकर 1 किलो नींबू का रस डालकर धूप में रख दें और बीच-बीच में हिलाते रहें। 1 महीने बाद जब बिल्कुल सूख जाये तो सूखे चूर्ण को 2 से 4 ग्राम की मात्रा में जल के साथ सेवन करने से मंदाग्नि शीघ्र दूर होती है। इससे पाचन शक्ति बढ़ती है तथा अजीर्ण संग्रहणी अम्लपित्त इत्यादि रोगों में लाभ होता है।

शिशु के पेट में यदि दर्द हो और सफर में हो तो बारीक स्वच्छ कपड़े के अन्दर अजवायन को रख, यदि उसके मुंह में चटाये तो शिशु का उदर शूल तुरन्त मिट जाता है।

दस्त : जब मूत्र बन्द होकर पतले-पतले दस्त हों, तब अजवायन 3 ग्राम और नमक 500 मि.ग्रा. ताजे पानी के साथ फक्की लेने से तुरन्त लाभ होता है। अगर एक बार में अराम न हो तो 15-15

मिनट के अन्तर पर 2-3 बार लेवें।

शूल आनाह आदि उदर विकारों पर : आमाशय में रस के कम होने से या अधिक भोजन करने से जिनका पेट भोजन करने के बाद फूल जाता हो :-

1. अजवायन 10 ग्राम, छोटी हरड़ 6 ग्राम, हींग घी में भुनी और सैंधा नमक 3-3 ग्राम, इनका चूर्ण 2 ग्राम, किंचित गरम जल के साथ दिन में तीन बार सेवन करें।
2. 1 किलोग्राम अजवायन में 1 किलोग्राम नींबू का रस तथा पांचो नमक 50-50 ग्राम कांच के बर्तन में भरकर रख दें, व दिन में धूप में रख दिया करें, जब रस सूख जाये तब दिन में दो बार 1-4 ग्राम तक सेवन करने से उदर सम्बन्धी सब विकार दूर होते हैं।
3. 1 ग्राम अजवायन को इन्द्रायण के फलों में भर कर रख छोड़ें, जब सूख जाये तब बारीक पीस इच्छानुसार काला नमक मिलाकर रख लें, इसे गरम जल से सेवन करें।
4. अजवायन चूर्ण 3 ग्राम प्रातः सायं गरम जल से लेवें।
5. डेढ़ किलोग्राम जल को आंच पर रखें, जब वह खूब उबल कर सवा किलोग्राम रह जाये तब नीचे उतार कर आधा किलोग्राम पिसी हुई अजवायन डालकर ढक्कन बंद कर दें। जब ठंडा हो जाये तो छानकर बोतल में भर कर रख लें। 50-50 ग्राम दिन में 3 बार सेवन करें।
6. **वायु गैस :** पेट में वायु गैस बनने की अवस्था में भोजन के बाद 125 ग्राम दही के

मट्ठे में 2 ग्राम अजवायन और आधा ग्राम काला नमक मिलाकर आवश्यकतानुसार सेवन करें।

7. अर्श : दोपहर के भोजन के बाद एक गिलास छाछ में डेढ़ ग्राम (चौथाई चम्मच) पिसी हुई अजवायन और एक ग्राम सैंधा नमक मिलाकर पीने से बवासीर के नष्ट हुए मस्से पुनः नहीं होते।

बहुमूत्र : (1) 2 ग्राम अजवायन को 2 ग्राम गुड़ के साथ कूट-पीस कर, 4 गोली बना लें, 3-3 घंटे के अन्तर से 1-1 गोली जल से लेवें इससे बहुमूत्र रोग दूर होता है।

(2) 4 ग्राम अजवायन और 4 ग्राम गुड़ की 500-500 मिलीग्राम तक की नौ गोली बना, 2-2 घंटे बाद खिलाने से अवश्य लाभ होता है।

(3) जो बच्चे बिस्तर गीला कर देते हैं उन्हें रात्रि को 500 मिलीग्राम तक अजवायन खिलायें।

प्रमेह : अजवायन 3 ग्राम को 10 ग्राम तिल तैल के साथ दिन में तीन बार सेवन से लाभ होता है।

वृक्क शूल : (1) 3 ग्राम अजवायन का चूर्ण सुबह शाम गरम दूध के साथ लेने से गुर्दे के दर्द में आशातीत लाभ होता है।

(2) चर्मरोग और व्रणों पर इसका गाढ़ा लेप करने से दाद खुजली, कृमियुक्त व्रण एवं जले हुए स्थान में लाभ होता है। अजवायन को उबलते हुये जल में डालकर व्रणों को धोने से दाद फुन्सी, गीली खुजली आदि चर्म रोगों में लाभ होता है।

मासिक धर्म की रूकावट :

(1) अजवायन 10 ग्राम और पुराना गुड़ 50 ग्राम को 200 ग्राम जल में पकाकर प्रातः सायं सेवन करने से गर्भाशय का मल साफ होता है और रूका हुआ मासिक धर्म फिर से जारी हो जाता है।

(2) 3 ग्राम अजवायन चूर्ण को प्रातः सायं गर्म दूध के साथ सेवन करने से मासिक धर्म की रूकावट दूर होकर, रक्तस्राव खुलकर होता है।

पुरुषत्व प्राप्ति के लिए : 3 ग्राम अजवायन को सफेद प्याज के रस 10 मिलीलीटर में 3 बर 10-10 ग्राम शक्कर मिलाकर सेवन करें। 21 दिन में पूर्णलाभ होता है। इस प्रयोग से नपुंसकता, शीघ्रपतन व शुक्राणु अल्पता के रोग में भी लाभ होता है।

सुजाक : अजवायन के तेल की 3 बूँदे 5 ग्राम शक्कर में मिला प्रातः सायं सेवन करते रहने से तथा नियमपूर्वक रहने से सुजाक में लाभ होता है।

शराब की आदत : (1) शराबियों को जब शराब पीने की इच्छा हो तथा रहा ना जाये तब वो अजवायन 10-10 ग्राम की मात्रा में 2-3 बार चबायें।

(2) आधा किलो अजवायन 400 ग्राम पानी में पकाकर जब आधा से भी कम शेष रहे तब छानकर शीशी में भरकर फ्रिज में रखें, भोजन से पहले 1 कप काढ़े को शराबी को पिलायें, जो शराब छोड़ना चाहते हैं और छोड़ नहीं पाते उनके लिए यह प्रयोग एक

वरदान समान है। हमने हजारों शराबियों को इस प्रयोग से शराब मुक्त किया है।

मूत्रकूच्छू : (1) 3 से 6 ग्राम अजवायन की पक्की उष्ण जल से लेने से मूत्र की रूकावट मिटती है।

(2) 10 ग्राम अजवायन को पीसकर लेप बनाकर पेड़ पर लगाने से अफारा मिलता है शोथ कम होता है व खुलकर पेशाब होता है।

ज्वर : (1) अजीर्ण की वजह से उत्पन्न हुये ज्वर में 10 ग्राम अजवायन, रात्रि को 125 ग्राम जल में भिगो, प्रातः काल मसल छानकर पिलाने से ज्वर आना बन्द हो जाता है।

(2) शीतज्वर में 2 ग्राम अजवायन सुबह शाम खिलायें।

(3) ज्वर की दशा में यदि पसीना अधिक निकले तब 100 ग्राम से 200 ग्राम अजवायन को भूनकर और पीसकर सर्व शरीर पर लगायें।

इन्फ्ल्युएंजा : 10 ग्राम अजवायन को 200 ग्राम गुनगुने पानी में पकाकर या फांट तैयार कर प्रत्येक 2-5 घंटे के बाद 25-25 ग्राम पिलाने से रोगी की बेचैनी शीघ्र दूर हो जाती है। 24 घंटे में ही तबियत अच्छी हो जाती है।

शूल आघातज शोथ : किसी भी प्रकार की चोट पर 50 ग्राम गर्म अजवायन को दोहरे कपड़े की पोटली में डालकर सेंक (एक घंटे तक) करने से आराम आ जाता है। जरूरत हो तो जख्म पर कपड़ा डाल दें ताकि जले नहीं।

किसी भी प्रकार की चोट पर अजवायन का सेक रामबाण सिद्ध हुआ।

मलेरिया ज्वर : मलेरिया ज्वर के बाद हल्का-हल्का बुखार रहने लगता है, इसके लिए 10 ग्राम अजवायन को रात में 100 ग्राम जल में भिगो दें और प्रातः पानी में गुनगुना कर जरा सा नमक डालकर कुछ दिन सेवन करें।

बच्चों के पैरों का कांटा चुभने पर : कांटा चुभने के स्थान पर पिघले हुये गुड़ में पिसी हुई अजवायन 10 ग्राम मिलाकर थोड़ा गरम कर बांध दें, कांटा अपने आप निकल जायेगा।

पित्ती उठलना : 50 ग्राम अजवायन को 50 ग्राम गुड़ के साथ अच्छी प्रकार कूटकर 6-6 ग्राम की गोली बना 1-1 गोली प्रातः सायं ताजे पानी के साथ लेने से एक सप्ताह में ही तमाम शरीर पर फैली हुई पित्ती दूर हो जायेगी।

हानि : अजवायन का अधिक सेवन सिर में दर्द उत्पन्न करता है।

विशेष : (1) अजवायन ताजी ही लेनी चाहिए क्योंकि पुरानी हो जाने पर इसका तैलीय अंश नष्ट हो जाने से यह वीर्यहीन हो जाती है। क्वाथ के स्थान पर अर्क या फांट का प्रयोग बेहतर है।

(2) अजवायन का अधिक सेवन सिर में दर्द उत्पन्न करता है।

सौजन्य : आत्म शुद्धि - पथ

“बीमारियां कई : समाधान एक”

घर-परिवार में कोई सदस्य मानसिक रोग, अवसाद manic depressive psychosis से पीड़ित हो जाए तो पूरा परिवार अव्यवस्थित हो जाता है। एक परिवार बिगड़ने से समाज, समाज से शहर, शहर से देश और देश से विश्व प्रभावित हो जाता है। आज विश्व में पांच में से एक व्यक्ति अवसाद से पीड़ित है। कारण अनेक हैं। आज हम इन कारणों का विश्लेषण नहीं कर रहे। अगले संस्करण में इनका खुलासा करेंगे। प्रो. सुदेश गोगिया द्वारा लिखित पुस्तक 'The Magic of Health, Laughter and Longevity' में इसका 'विशेष रूप' से उल्लेख है।

हर व्यक्ति का समाज, देश, विश्व के प्रति कर्तव्य है वह अपने physical, mental, emotional, psychological स्वास्थ्य का पूर्ण-रूपेण ख्याल रखें। अधिक धन की व्यस्तता छोड़, कुछ लम्हें अपने साथ भी गुजारे। आज के समां में अधिकतर लोग हर समय कुछ-न कुछ करने में जीवन को अस्त-व्यस्त बनाये बैठे हैं। कुछ क्षण खाली बैठकर स्वस्थ, मनन चिंतन एवं मौन धारण करें। सारा विश्व धन-सम्पदा-ऐश्वर्य से भरा हुआ है। और आप हैं कि पॉलिटिश्यन्स की तरह तर्क-वितर्क में उलझे हैं। राजनीति छोड़िए। वाद-विवाद छोड़िए। सहज सरल बन जाइये।

आपको केवल प्रकृति से आछांदित उसके ऐश्वर्य एवं सम्पदा से जोड़ना है। हर लम्हें

आनंद में रहना है। जब आप ऐसा करेंगे आप एक 'अन्वेषक' जैसा सोचने लगेंगे। 'अनिद्रा रोग' जैसे विकारों से आज विश्व के 20 प्रतिशत प्राणी ग्रस्त हैं, एवं अवसाद जैसे मानसिक रोग आप के नजदीक नहीं फटकेंगे। यह पॉजिटिव सोच आपके विचारों की एक ऐसी search light विकसित करेगी जो आपको उचित मार्ग की ओर प्रशस्त करेगी।

आप अपने जीवन का अमूल्य समय केवल 'गहन चिंतन' के लिए ही करना आरंभ कर देंगे। आप पुरुषार्थ के कई नवीन मार्गों का निर्माण करिएगा। आज अधिकतर लोग इतनी भौतिकता से युक्त सुख-सुविधाएं, कार, कोठी, ए.सी., धन-सम्पदा, घर-परिवार इत्यादि के बावजूद हर समय 'अभाव' महसूस करते हैं। दूसरों की तुलना में ये लोग 'असंतुष्ट रहते हैं'। फिर इनकी असंतुष्टता के क्या कारण हैं?

आप अपनी जीवन-शक्ति को कैसे प्रबल कर सकते हैं, पाचन-अवशोषण द्वारा शरीर को कैसे दुरुस्त रख सकते हैं? सभी अंग स्वस्थ होने के साथ-साथ शरीर एवं मन में जीवन शक्ति की ऊर्जा से ओत-प्रोत रहे जो स्वास्थ्यमय जीवन के साथ लंबी उम्र का रहस्य है।

अगले लेख में हम इसी बात की चर्चा करेंगे। यह सारा खेल किस बात पर मनुस्सर है? कहीं आप की नकरात्मक सोच तो इस 'पीड़ी' का कारण तो नहीं? अगले लेख का इंतजार कीजिए।

—सुमित गोगिया

भारतीय संस्कृति

राम नवमी के अवसर पर
काशी में हुआ एक सुखद अहसास
भारतीय संस्कृति का दिखा विशेष अन्दाज
मुस्लिम बहनों ने किया
सामूहिक रूप में राम का गुणगान

धार्मिक कट्टर उन्हें अब क्या कहे
शायद दे काफ़िरो का नाम
मेरा उनसे है एक नम्र सवाल
क्या उनमें कुछ बदल गया
या उन्होंने किया अपना धर्म बदनाम

ये तो उनकी सहृदयता थी
और था भारतीय संस्कृति का सम्मान
दिया उन्होंने अपने धर्म की उदारता को मान
अगर सभी मिलकर मनाये अपने सांझे त्यौहार
भारत की संस्कृति को लग जाये चार चांद

नमन उन सभी देशवासियों को
जो मिलकर करते रोशन देश का नाम
इससे आगे समाचार पढ़कर मन हुआ प्रसन्न
104 वर्षीय नसीम बेग चंगेजी है स्वतंत्रता
के महान सिपहसलार
पता नहीं अब तक स्वतन्त्र भारत में क्यों
रहे गुमनाम
जिन्होंने आज़ादी जंग में दिया भगत सिंह
का साथ।

ऐसे महापुरुष को राष्ट्र करता नमन बार - 2
सभी धार्मिक कट्टरता से उपर उठकर
ले आज एक दृढ़ संकल्प

सभी आपस में मिलजुल कर रहे
और करे देश हित के काम
तभी चमकेगा विश्व में अपना हिन्दुस्तान

शेरे शायरी

1. मनसब तो बहुत मिल सकते थे
लेकिन शर्त जी हजूरी थी
ये शर्त मुझे मन्जूर ना थी
बस इतनी सी मजबूरी थी।।
2. बदल डाला है अब तो अन्दाजे बयाँ हमने।
बरना बन्द कर दी थी फरिश्तों की जबाँ
हमने।।
3. बहारे दुनियाँ है चन्द रोजा, न चल यहाँ
सर उठाके।
खुदा ने ऐसे हजारों नक्श बिगाड़ डाले हैं
बना - बना के।।
4. चमन उजड़ जायेगा गर तुम सारे कांटे
निकाल दोगे।
अगर गुलिस्ताँ की खैर चाहते हो चंद
कांटे कबूल कर लो।।
5. एक जरा सी बात पर बरसों के याराने गए।
लो चलो अच्छा हुआ कुछ लोग
पहचाने गए।।

- चतुर्भुज अरोड़ा

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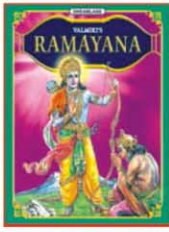
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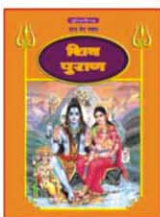
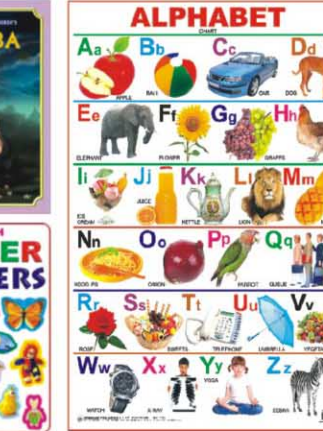
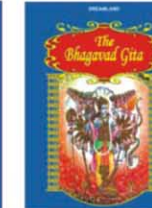
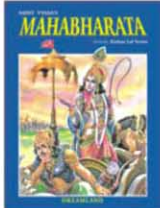
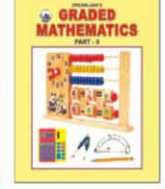
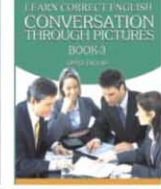
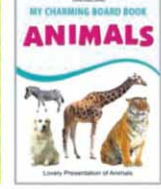
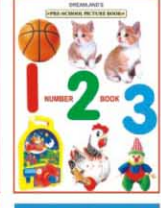
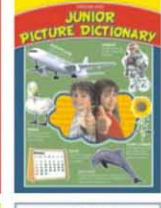
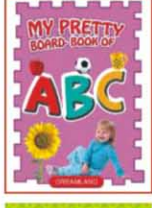
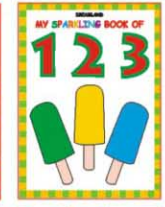
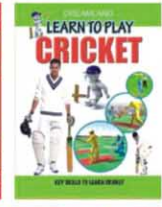
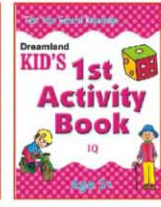
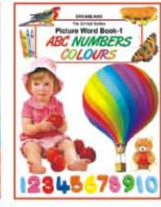
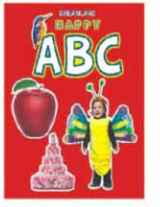
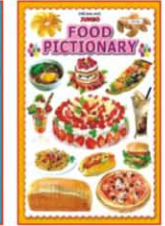
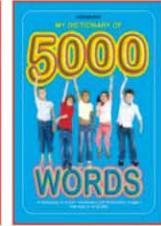
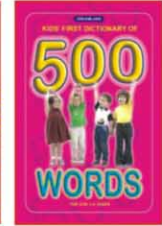
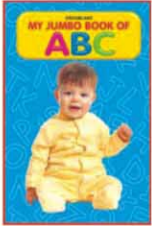
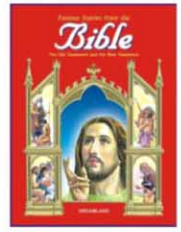
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